

EGG STUDY GUIDE

Adapted from The World of Food

Name _____

Period _____

Assign # _____

I. PARTS OF AN EGG

A. The albumen is the _____ part of the egg.

B. The yolk is the _____ part of the egg.

C. The thin film on the outside of the egg that helps seal the shell and protects the egg from outside bacteria is called the _____.

D. The cord which holds the yolk near the center of the egg is called the _____.

E. There is a light spot on the yolk known as the _____ spot which would develop into a chick in a fertilized egg.

F. The air _____ appears at the large end of the egg and increases in size as the egg ages.

II. SIZE AND GRADE OF EGGS

A. _____ makes it possible to judge the thickness of the white, the position of the yolk, and the size of the _____ space.

B. The freshest eggs are Grade __, followed by Grade __ and Grade__.

C. Eggs are classified by size. The largest is _____. In decreasing size, the remaining classes are, _____, _____, _____, _____, and _____.

D. The egg carton has a lot of information for the consumer. The carton tells the following things about the eggs: _____, _____, and _____.

III. FUNCTIONS OF EGGS

- A. One of the most important functions of eggs is to contribute _____ whether used alone or in recipes.
- B. The protein in eggs is used as a _____ agent since egg protein coagulates when heated. Eggs are used to thicken _____ and _____.
- C. Because the egg white coagulates when heated, eggs also function to _____ ingredients together in meat loaves, and hold _____ together on breaded foods.
- D. Eggs can also be used as _____ agents because the white can be beaten to hold large amounts of air.
- E. Egg yolks act as an _____ agent in foods such as mayonnaise and salad dressings.

IV. NUTRITIONAL CONTRIBUTION OF EGGS

- A. The _____ is a rich source of nutrients; it contains more _____ and _____ than the white and also some _____.
- B. Eggs contain high-quality _____ and can be used as a _____ substitute.
- C. The only vitamin in egg white is _____; while the yolk contains vitamins _____, _____, and the _____ complex. The sun changes some of the skin oils into vitamin D, so it is sometimes called the _____ vitamin.
- D. _____ and _____ are the minerals found in eggs.
- E. Iron is part of the _____ in red blood cells.
- F. Hemoglobin carries _____ to the body cells and _____ away. A lack of red blood cells can cause _____.

G. Egg substitutes are different from eggs because they are lower in _____, _____, and _____.